

ABSTRAK

Nadia Nafis, (2025), *Analisa Tingkat Pengetahuan Ibu Post Partum Terhadap Depresi Post Partum Di Puskesmas Turen*, Program Studi S1 Kebidanan Fakultas Keperawatan & Kebidanan Universitas Strada Indonesia Kediri, Pembimbing 1: Dr. Bd. Putri Eka Sejati, SST, M.Kes. Pembimbing 2: Dr. Reni Yuli Astutik, SST, M.Kes.

Kejadian depresi pasca persalinan di Indonesia tahun 2023 cukup tinggi yaitu sekitar 22,4%. Depresi berdampak negatif pada kesehatan ibu maupun perkembangan bayi, termasuk aspek kognitif dan psikologisnya. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat pengetahuan ibu *post partum* dengan depresi pasien *post partum* di Puskesmas Turen. Desain penelitian ini adalah analitik observasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu *post partum* di Puskesmas Turen sejak 1 September 2024 sampai dengan 20 Desember 2024 berjumlah 107 orang. Sampel dipilih dengan simple random sampling sejumlah 52 orang. Variabel Independen dalam penelitian ini adalah tingkat pengetahuan ibu *post partum* dan variabel dependennya adalah depresi *post partum*. Penelitian dilakukan pada tanggal 16 Desember sampai 29 Desember 2024 di Puskesmas Turen Kabupaten Malang. Analisis data menggunakan uji statistik korelasi Spearman. Hasil penelitian menunjukkan Nilai signifikansi uji *spearman's rho* adalah $0,000 < 0,01$, jika $H_1 < 0,01$ maka H_1 diterima artinya ada hubungan antara tingkat pengetahuan ibu *post partum* dengan depresi *post partum* di Puskesmas Turen Kabupaten Malang. Kesimpulan pendidikan berpengaruh terhadap kejadian depresi *postpartum* karena pendidikan berpengaruh terhadap pola pikir seseorang. Pola pikir seseorang tersebut akan mempengaruhi coping stress.

Kata Kunci: Pengetahuan, Depresi *Post Partum*.

ABSTRACT

Nadia Nafis, (2025), *Analysis of the Knowledge Level of Post Partum Mothers with Post Partum Depression at the Turen Community Health Center, Bachelor of Midwifery Study Program, Faculty of Nursing & Midwifery, Strada Indonesia University Kediri, Supervisor 1: Bd. Putri Eka Sejati, SST, M.Kes. Supervisor 2: Reni Yuli Astutik, SST, M.Kes.*

The incidence of postpartum depression in Indonesia in 2023 is quite high, which is around 22.4%. Depression has a negative impact on maternal health and infant development, including cognitive and psychological aspects. The purpose of this study was to determine the relationship between the level of knowledge of postpartum mothers and postpartum depression in patients at the Turen Health Center. The design of this study was observational analytic with a cross-sectional approach. The population in this study were postpartum mothers at the Turen Health Center from September 1, 2024 to December 20, 2024 totaling 107 people. The sample was selected by purposive sampling of 52 people. The independent variable in this study is the level of knowledge of postpartum mothers and the dependent variable is postpartum depression. The study was conducted from December 16 to December 29, 2024 at the Turen Health Center, Malang Regency. Data analysis used the Spearman correlation statistical test. The results of the study showed that the significance value of the Spearman's rho test was $0.000 < 0.1$, if $H1 < 0.01$ then $H1$ is accepted, meaning that there is a relationship between the level of knowledge of postpartum mothers and postpartum depression at the Turen Health Center, Malang Regency. The conclusion is that education has an indirect effect on the incidence of postpartum depression because education affects a person's mindset. A person's mindset will affect stress coping.

Keywords: Knowledge, Post Partum Depression.